

THIS WEEK'S HARVEST:

CITRUS

BEANS

SPINACH

ARUGULA

MIZUNA

BEETS

POTATOES

**HERB MIX—
CILANTRO, DILL,
PARSLEY, BASIL**

ALSO AVAILABLE:

COFFE

MOCHI

HONEY

OLIVE OIL

YUMMY SOAP

BREAD

BOOKS

EGGS

**FLAG CSA LOVES
VOLUNTEERS...
EMAIL OR CALL IF
YOU'VE GOT SOME
HANDS TO LEND**

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WEEK OF FEB. 9TH, 2009

Expansion to a Newsletter Mansion

Salutations, all you friendly good-lookin' Flagstaffians! Here we are, the middle of February with another delicious snow covering our cozy nests and blanketing our lives in white. So to fight off the winter doldrums, the stuck-indoors-blues, we've decided to expand our newsletter a bit. It's experimental and open to all sorts of refinements and changes, but since we're not printing stacks of them each week anymore, we decided what the hay? May as well!

With this room—two whole extra pages!—we'd really love to provide space for you all to have a forum of sorts. So at a time when many things are contracting, winter causes natural contraction in plants, animals, humans, it seems fitting to try and add a bit more space and to really delve into this newsletter business full on.

Some sections I'm going to include for this week are: Nutritional Profiles of Veggies, Odd Ingredient Nuances, Projects, Inspiration and, of course, Recipes. In the coming weeks I'd love to include some Member Profiles—you guys are interesting!—Conservation efforts, Current Events, and any other great ideas

that might come this way. That being said, the format of this may be changing to the best fit over the next few weeks as I gauge the necessity and pertinence of each section. It's time for suggestions, if you've got em'!

If, perchance, you'd like to share ideas, let me know; should you like to contribute to a column set aside just for that, shoot me a line; if you'd like to have an event made more widely known or share a special thing you've created or attended, we'd love to hear about it. The newsletter will be going out on Mondays, so anytime before Sunday night would be a perfect time to drop me a line or suggest something to Karna and she'll pass it along.

The best way to reach me is through email, macy.mouritsen@gmail.com, so please don't be shy! Share your thoughts, recipes, ideas, funny moments, poems...you name it! And we can always just add another page or two...easy as pie.

Expansion in the midst of winter is not only refreshing and motivating, but maybe necessary to keep our chins up while shoveling snow as we try to remember that before we know it spring will be here and we'll be warm once again. Thanks to you all.

A Few Small Reminders

Our weekly pick-up hours have been extended. This means that you don't have to rush to make it before 7 and also that there's an option for CSA shareholders to purchase extra veggies after 7. So take your time, think about if you'd like to have a few more turnips in your life—since they are so very tasty and nutritious—and support your community a bit more.

We'll be at Bilby until 8pm, so c'mon over!

Meat will be arriving next week...be sure to bring some extra hands, maybe a box or two, and cash or a check-book.

Here's a run-down of the nutritional content and some facts about our cast of characters for this week:

•**Grapefruit:** Known for protecting arteries while the pectin lowers blood cholesterol and high blood pressure; may reduce cancer risks; aids digestion; speeds up the breakdown of fat while feeding the good bacteria in the intestines; boosts immunity. High in potassium, folate, fiber, iron, fructose, vitamin C, magnesium, zinc. Grapefruits are juiciest when not super cold, the juices flow a little better when warmish. Wash them under cool water before cutting to get rid of mold or bacteria that could make its way from the knife to your mouth!

(Prescription for Dietary Wellness)

•**Beets:** Strengthen the heart, sedates the spirit, improves circulation, purifies the blood, benefits the ol' liver, promotes menstruation. Can be used with carrots to help regulate hormones during menopause; helps with liver stagnancy and liver ailments generally; helps treat nervousness. Chock full of calcium, iron, magnesium, phosphorous, potassium, sodium, zinc, copper, vitamins B (B1, B2, B3, B6) and C. The pigment betacyanin found in beets will make your urine and stool a brilliant magenta...so don't be alarmed if you see new and exciting colors...just keep eating your beets.

(Healing with Whole Foods and Prescription for Dietary Wellness)

•**Potatoes:** Richer in potassium than bananas, which helps maintain fluid balance and regulate blood pressure and heart function. Full of vitamin B6 which increases immunity, however diabetics ought to be aware of the insulin and blood sugar spikes following consumption. Potato neutralizes body acids, which helps relieve arthritis and rheumatism and its rich potassium content is good for those who have used too much salt and high-sodium food, including meat. They also reduce all inflammations; the juice is applied externally to heal burns, and is drunk to lower blood pressure and to treat stomach and duodenal ulcers—the fresh juice has antibiotic properties and helps establish beneficial intestinal flora and is high in vitamin C, enzymes, and minerals. (A juicer works well, but you may also grate them and then squeeze the juice with a cloth by twisting it out.) A poultice of grated, raw potato can help draw out external abscesses, carbuncles, and eczema and for relieving swelling and soreness of the eyes. The skin is very healthy. **Cautions:** Green potatoes and the sprouts that grow on potatoes are toxic, so be sure to remove the

eye of the sprout.

(Healing with Whole Foods and Prescription for Dietary Wellness)

•**Parsley:** “An herbal multivitamin;” one cup of fresh parsley has more beta carotene than a large carrot, two times as much vitamin C as an orange, more calcium than a glass of milk, and 20x as much iron as one serving of liver! Parsley tea is a popular diuretic in Germany and China because it helps control high blood pressure; for some Cherokee folks it is a traditional bladder tonic, used to help prevent infections. For the tea, steep two teaspoons of bruised parsley leaves in one cup of boiling water, covered, for 10 minutes; strain and drink 3x a day for water retention. If you're feeling a tad depleted and tired, a parsley bath can help refresh you; brew a strong tea with 1/2 cup bruised fresh parsley leaves in two cups boiling water, covered, for 20 minutes; strain and stir into a drawn bath and enjoy!

Caution: Pregnant women or those who suspect they might be and would like to remain that way should avoid eating parsley in large amounts.

(The Good Herb)

•**Dill:** The name comes from a Norse word meaning “to lull,” because a dillseed tea was used to induce sleep. It also helps relax and soothe upset tummies, commonly sold in the form of “gripe water.” It also has loads of calcium; one tablespoon has 100 milligrams of calcium, which is far more than that much milk, so dillseed is a great thing to incorporate if you don't eat many animal products and are concerned about getting enough calcium. For lactose intolerant folks and vegans, dillseed is super important. To make the tea, steep one tablespoon of dillseed in a cup of boiling water, covered, for four minutes; drink the tea then chew and swallow the seeds. This tea may also be used as a quick and yummy vegetarian soup stock. Dill leaves work well with many other foods; they contain only two “volatile flavor oils,” (rosemary, for example, has 5 and is more complex for pairing). The two oils share flavors with celery and lemon, so they combine well in delicate dishes without overwhelming the meal. Great with fish and chicken as well as creamy soups, salads, and dressings. For the best flavor, snip dill with kitchen scissors rather than mincing with a sharp knife, because the leaves get ripped and smashed, thus wasting the volatile oils.

(The Good Herb)

Inspiration Station (...you may contribute here too!)

What was that ingredient?

“And when you crush an apple with your teeth, say to it in your heart, ‘Your seeds shall live in my body, And the buds of your tomorrow shall blossom in my heart, And your fragrance shall be my breath, And together we shall rejoice through all the seasons.’”

Kahlil Gibran, *The Prophet*

“Life creates life. Energy creates energy. One must spend oneself in order to become rich.”

Sarah Bernhardt

Kombu: Kombu is a member of the kelp family (*Laminaria* species); the kelps have yellowish brown pigmentation and happen to be the largest and longest of all sea plants (up to 1,500 feet!) Kombu is high in protein, calcium, iron, potassium, and vitamins A and K. It also helps relieve excess mucus, lowers blood pressure, and is great for skin.

Umeboshi Vinegar: The brine of a salty-sour Japanese pickled plum; very alkaline, antibiotic, and helps to regulate the intestines.



Projects: Top 10 Reasons to Start—and never stop!—Sprouting

1. **Economics:** Seeds can multiply 7-15 times their weight; at about \$4/pound for seed, this yields 26 cents/pound for freshly grown organic greens...that can live in your home!
2. **Nutrition:** Being baby plants, sprouts have a greater concentration of proteins, vitamins and minerals, enzymes, RNA, DNA, bioflavonoids, T-cells, than any other point in the plant's life.
3. **Organic:** No chemicals needed!
4. **Availability:** You can sprout almost anywhere during any season.
5. **Space-Time:** It's super easy, just add water. No soil, no bugs, no green thumb required, no special lights. One pound grows in 9 inches of space and takes 1 minute of care per day.
6. **Freshness:** Since they're picked the same day they're eaten there is no nutritional or flavor loss.
7. **Digestibility:** Baby plants have more delicate cell walls, which release nutrients more easily. The abundance of enzymes makes them easy to digest even for those with weaker digestion.
8. **Versatility:** More varieties of salad greens than a store or even CSA can offer: buckwheat lettuce, baby sunflower, French onion, garlic clove, Chinese cabbage, purple turnip, curly kale, daikon radish, crimson clover, alfalfa...and many more.
9. **Meals:** Make sprout breads from sprouted wheat, rye, or barley. Snacks from sprouted peanuts, hummus dip from sprouted garbanzos, cooked vegetable side dish from sprouted green peas, Chinese sautés from mung, adzuki, and lentils, even sprouted wheat pizza!
10. **Minimal fuel/oil** is consumed in getting this food to you.
11. So next week we'll discuss how to begin this exciting sprout journey and what materials you'll need. So get excited, because this is truly a magnificent way to live.

(Sprout It!)

Member Profiles Could Go Right Here

It would be neat to have snapshots of your experiences with CSA; how has it changed your life? What is different about your day-to-day living since you've been a part of eating locally grown, organic food?

I would like to interview a handful of people each week at pick-up, just to get a feel for what sorts of things are going on in your lives in relation to CSA...so on Thursday if you'd like to be a part of that I'll be sure to make myself known and see what you've got to say!

Angel Hair with Arugula, Basil, and Pecans

Serves 4 lucky ducks

1/4 pound arugula

1/3 cup fresh sweet basil leaves

2 Tbsp olive oil

2 shallots, minced

4 cups hot cooked angel hair pasta

1/4 cup chopped pecans, toasted (put into a dry sauté pan on high heat, stirring constantly, until fragrant and toasted, about 2 minutes.)

Freshly grated Romano or Parmesan cheese, or soy substitute

Whiz the arugula and basil in a processor or blender until finely minced. Heat a large sauté pan over medium-high heat and pour in the oil. When warm and fragrant, add the arugula-basil mixture and shallots and sauté until the mixture is fragrant and the greens have brightened, about 2 minutes. Toss the greens with pasta and pecans and sprinkle with cheese. Serve it warm and lick your plates...or bowls.

(The Good Herb)

Black Sesame Seed Soup

Makes two 1-cup servings

“This soup is so sweet that my family enjoys it for dessert or as a snack. It’s as sweet as ice cream, and ever so much more healthful. It can be easily reheated and can be enjoyed at any time of day. Long-term consumption of this treat beautifies the scalp and hair as well as the skin.”

1 cup uncooked long-grain white rice

1 cup black sesame seeds

1 Tbsp sugar or honey, or to taste

Wash and drain the rice and the sesame seeds in separate containers. Stir-fry the sesame seeds in a dry skillet over low heat for 5 minutes, or until the heat releases their fragrance. Don’t let them burn!

Grind the rice and toasted seeds with 1/4 cup water in a blender. Pour this mixture plus 1 3/4 cups water into a medium-size saucepan and cook over medium heat for 10 minutes, stirring often to avoid burning. Add the sweetener as desired.

(The Tao of Beauty)

Kombu Knots

1-4 inches kombu

Oil

Wipe kombu with wet towel to soften it; cut with scissors into strips 1/8-inch wide and 3 inches long. Tie into knots; deep-fry in oil until crispy, about 1 minute. Serve like chips...or on top of some soup perhaps!

(Healing with Whole Foods)

Potato Soup with Lemongrass

4 is the number of full bellies resulting, give or take...

2 tsp. olive oil

1 Tbsp plus 1 tsp. fresh, minced lemongrass

1 leek, topped, tailed, rinsed, and minced

1 clove garlic, mashed through a press or minced finely

4 cups vegetable or chicken stock

1 pound new potatoes, cut into small chunks (about 3 cups)

1/4 cup minced fresh garlic chives or regular chives

Dried red pepper flakes, optional

Heat a large soup pot over medium-high heat and pour in the oil. When it’s warm add the lemongrass, leek, and garlic and sauté until fragrant and slightly tender, about 2 minutes. Take care not to let the garlic burn.

Add the stock and potatoes and bring to a boil. Reduce the heat to a simmer, cover loosely, and let the soup bubble gently until the potatoes are tender, about 10-12 minutes. Remove from the heat and immediately sprinkle in the coriander. To serve, pour the soup into a tureen or individual soup bowls, and swirl in the chives and pepper (if you’re in a spicy mood, that is!)

(The Good Herb)

Beet Soup

Serves 4-6

4 large beets, or as many as you’ve got!

1 large potato

Other vegetables: celery, spinach, carrots, kale, chard, etc...

1 large onion

Salt n’ pepper to taste

Plain yogurt, optional

Wash all vegetables and cut into chunks. Place in a large steamer over boiling water; steam until very soft. Using the water from the steamer, and any other stock or water as needed, blend cooked vegetables until very smooth and thick. Return to pot; heat gently to avoid sticking; add salt and pepper. Serve each bowl with a generous portion of yogurt at the center with maybe some dill and croutons sprinkled on top.

(From Asparagus to Zucchini)

(I just realized how many soups there are this week...hope you don’t mind! I suppose it’s the season for soup... Be sure you stock up on your bread at pick-up to pair with all this liquidy nourishment!)